

Fall 2002

Beacon Light: Fall 2002

St. Cloud Hospital

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Beacon

LIGHT

Hospital expansion
improves privacy,
technology and
parking

 **St. Cloud Hospital**
CENTRA CARE Health System

PAID ADVERTISING
SUPPLEMENT

2 FESTIVAL OF LIGHTS



Celebrate the grand opening of the hospital's northwest addition on Dec. 5.

6 HOLLY BALL



Make a difference on Dec. 7 at this annual event benefiting Hospice.

7 CLASSES & EVENTS



Educational opportunities from birthing classes to improving your running.

St. Cloud Hospital
CENTRA CARE Health System

Festival of Lights



CELEBRATE GRAND OPENING OF NORTHWEST ADDITION

You are invited to St. Cloud Hospital from 6-8 p.m. Dec. 5 for two free events in one: the annual Festival of Lights and the grand opening of the hospital's northwest addition.

The Festival of Lights is the hospital's holiday gift to the community. The event features Christmas carolers, a live Nativity scene, trolley rides, cookies and cocoa — and the ceremonial flicking of the switch to turn on the 12,000 bulbs that outline the hospital. The northwest addition grand opening includes an up-close look at the new main entrance and lobby.

The evening will replace the Tree Festival, which in the past took place on the Sunday following the Festival of Lights (the day after the Holly Ball).



Hospital growth



When St. Cloud Hospital was completed at this site in 1928, it had one main entrance and plenty of land for parking. At that time, the facility was much smaller, the Sisters of the Order of St. Benedict who managed the hospital lived there, and the majority of the patients were hospitalized for much longer than today.

During the past 74 years, several additions to the hospital resulted in five "front" doors and confusion for the general public.

Public recommendations for improvement

In 1998, St. Cloud Hospital administrators sought public input for areas of improvement. The following three issues rose to the top:

1. Improve parking
2. Make it easier to navigate through the building
3. Increase the number of private rooms

opens new doors

CentraCare Health Plaza built

In response to this, CentraCare Health System analyzed needs and facilities, hired an architect and built CentraCare Health Plaza, the 328,000-square-foot outpatient facility near Minnesota Highway 15.

"The main purpose for the Health Plaza was to decongest the current hospital site by moving some of the high-volume outpatient services to this new site," said Jim Davis, vice president for Network Development. "This, we hoped, would improve parking at both locations and make room for the hospital services that needed more space."

Adding space

The hospital created more surface parking spaces by removing two buildings on its campus. Two additional levels were added to the parking ramp on the south end of the hospital and 1,300 new parking places were added at the Health Plaza. The third step was to add 90 patient rooms that would boost patients' chances of getting a private room from 30 percent before construction to 75 percent upon completion.

"We added more rooms on every level to ensure that all patient care areas had additional rooms for patients and a beautiful family lounge that overlooks the Mississippi River," Davis said.

But that's not all . . .

New main entrance created

This new hospital addition presented an opportunity to create one main entrance near the expanded north parking lot for all patients, families and visitors.

This entrance, which is expected to open in mid-November, will create easy access for patients and their loved ones to Admissions, Information Desk, Business Office, and a new bank of elevators.

In the future, this entrance also will house a new and expanded gift shop and an area that will highlight the hospital's history and heritage and pay tribute to the values of the Sisters who founded the hospital in 1886 and gave it to the community in 1964.

CentraCare Health Foundation will move from the US Bank building, downtown St. Cloud, to St. Cloud Hospital's D Lobby by Dec. 1.



Telemetry Unit

On track for heart health

Step into the Telemetry Unit on St. Cloud Hospital's second floor and you've entered one of the state's first dedicated heart hospitals.

The recently remodeled unit is part of the expanded Central Minnesota Heart Center, recently named as a Top 100 Heart Hospital — for the fourth consecutive year. Telemetry features a glassed-in exercise area for patients who are in the first phase of recovery from a heart procedure. The Telemetry Unit also features a racetrack design that allows patients to walk from their rooms to one of several destinations and then to circle back, without having to go down the same hallway they just walked.

The unit's monitoring "cockpit" allows specially trained Telemetry staff members to monitor — around the clock — the heart rate and rhythm of each patient, from those who are fresh out of surgery to those who are walking almost briskly down the hall. ("Telemetry" is the electronic transmission of data from a patient's heart to a monitoring station.)



Patients who have suffered a heart attack, just had a pacemaker or defibrillator implanted or who have undergone (or are about to have) any number of cardiac procedures, including open-heart surgery, need telemetry monitoring.

Fitness and monitoring are only part of what the unit offers heart patients. What was a 34-bed unit has been upgraded to a potential capacity of 48 beds. Seventy-five percent of the rooms are private. Previously, only 20 percent of Telemetry's rooms were private.

Patient rooms are organized into "pods" of two rooms per pod. Each pod is fully equipped with everything the cardiac team needs, enhancing the staff's ability to quickly respond to changes in patients' conditions.

The Central Minnesota Heart Center is the only heart hospital in the area offering a team of cardiologists and surgeons 24 hours a day, every day.

In addition to registered nurses and licensed practical nurses, the Telemetry team includes a dietitian, educator, social worker, exercise physiologists, quality assurance nurse and case coordinator. Because all of these individuals are located on the unit, close to the patients, they can easily coordinate all aspects of each patient's care.

Children's Center

Children fight virus at 'camp'

The Children's Center at St. Cloud Hospital is ready for its busiest time of year — RSV season.

Respiratory Syncytial Virus (RSV) is the most common respiratory virus in infants and children younger than 3. Its symptoms resemble those of the common cold, including fever, running nose and ear infection.



Carolyn Olson, R.N.

"Respiratory illness is our No. 1 reason for admission in the fall and winter seasons," said Carolyn Olson, R.N., pediatric case coordinator in the Children's Center at St. Cloud Hospital. "RSV is seen October through April with the highest incidences from December to March — making this an unusual virus, because it appears at the same time each year."

Last year, St. Cloud Hospital's Children's Center admitted 1,200 patients, 146 of those patients were admitted October through March with RSV. RSV is the most common diagnosis in the Children's Center.

At first, the symptoms of RSV are similar to a cold, but more serious symptoms include coughing, difficult breathing, rapid breathing and wheezing. These symptoms require hospitalization with supportive care such as fever control, oxygen, respiratory therapy and close monitoring.

"RSV is extremely contagious and can live for a few hours on things like skin, kitchen counters, toys, towels, sheets/blankets, and used tissues — if these things are touched, RSV can spread," said Olson. "Proper set-up and care for RSV is important. Private patient rooms are available for families to create a home-like environment and increase privacy for a family with an ill child."

As part of St. Cloud Hospital's aim to increase the number of private patient rooms, 18 private rooms have been added to the Children's Center, along with three additional pediatric intensive care (PICU) rooms, for a total of six PICU beds. The unit is constructed in a "pod" concept (as are the rest of the floors). There are two "cabins" (rooms) to each pod and each pod is self-sufficient as far as medications, linens, supplies, computer access and patient charts.

"Parents should call their health care provider whenever they are worried about their child. Their provider can decide with the parents whether the symptoms and behaviors need to be monitored," said Olson. "If the respiratory symptoms interfere with the baby's ability to sleep or drink, or if the baby appears to have difficult or rapid breathing, a pediatric care provider should be called."

Children who have increased risk for RSV are those who:

- Are in daycare
- Have school-age siblings
- Are exposed to tobacco smoke
- Were born within six months of the RSV season or were one of a multiple birth (respiratory system not fully developed)
- Are male



The Swimmin' Hole is one of four stops along the trail in the new Children's Center, which uses a camp theme to help alleviate children's fear of being in the hospital. Other highlights include the Boat Launch, Skeeter Slap and Cocoon Lodge.



Quality Care Quality Careers

Providing excellent patient care is top priority at St. Cloud Hospital. And, the best way to ensure patient satisfaction is to have happy employees. With competitive wages and a great benefit package, St. Cloud Hospital is a great place to work!

We have positions available in the following areas:

<ul style="list-style-type: none"> • Clerical/Administrative • Nursing - L.P.N. and R.N. • Paramedic • Patient Care Assistant • Pharmacist 	<ul style="list-style-type: none"> • Radiographer • Respiratory Therapist • Rehabilitation • Sonographer • Vascular Imaging Tech
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Please visit our Web site at www.centracare.com for a list of current job openings and specific position information. You also can apply online for immediate consideration.

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Monday - Friday



St. Cloud Hospital
CENTRACARE Health System

Surgical Unit

Making room for exceptional care before and after surgery

Having a private room made a world of difference for Anne Rinde, who was hospitalized for seven weeks this summer.

"The rooms are wonderful — very comforting and home-like," said Rinde, of Starbuck, whose post-surgical stay was longer than normal because of complications. "You don't feel alienated like in other hospital rooms."

The 63-room Surgical Care Unit on St. Cloud Hospital's fourth floor, where Rinde stayed, provides care to adult patients with urological, gastrointestinal, thoracic, ear, nose and throat, gynecological and vascular surgical diagnoses as well as patients with wound management needs. The average length of stay for patients is less than four days.

"The floor continues in the construction phase as our 'old' rooms and hallways undergo some remodeling to coordinate with the new rooms," said Kris Nelson, department director.

"The families appreciate the privacy and quietness of rooms, the couch that pulls out into a bed which allows family members to stay with the patient, the built-in desk with computer connections and the family lounge," said Nelson. "The nurses on our unit enjoy the newness and roominess, the color scheme, the privacy it allows for providing nursing care, the accessibility of desks and computers, and the accommodations for families."

Beginning at the end of October, eight beds will be used for surgical patients who require an increased level of monitoring and care than on the general nursing unit, but less than that required in intensive care.

"I had fabulous care," Rinde said. "The Surgical Unit has an exceptional staff — very patient-oriented. If the patient needs something, they will go that extra mile and then some. They care about their patients."

Caregivers in Surgical Care Unit

50 Registered Nurses
20 Licensed Practical Nurses
26 Patient Care Assistants
16 Unit Support
13 Health Unit Coordinators
2 Case Coordinators
1 Certified Wound/Ostomy/Continence Nurse



Anne Rinde kept her fingers and mind occupied by knitting during her last day in the hospital. She knitted seven baby sweaters and three pairs of booties during her stay in the Surgical Unit.

Medical Unit

Recovery in sight at Medical Unit 2

Jim Ferguson is an extraordinary man. In the past six months, he's had two major abdominal surgeries, several minor surgical procedures, kidney dialysis and a host of treatments for an array of interrelated medical conditions. But, he's still smiling.

"After all Jim has endured, his attitude has remained remarkably positive. I am amazed by his ability to keep smiling," said Derek Peterson, permanent charge nurse for Medical Unit 2 at St. Cloud Hospital. "He is a remarkable individual and everyone is pulling for him to make a full recovery."



Jim Ferguson chats with Derek Peterson, R.N., permanent charge nurse for Medical Unit 2.

Ferguson, 43, is a patient in one of 18 new private rooms on Medical Unit 2. Those rooms are among 90 added throughout six floors in the hospital's new northwest addition.

With the surgeries and other treatments behind him, Ferguson will embark on weeks of rehabilitation.

"He has improved so much in the last few weeks compared to when he was first admitted," said Peterson. "I think he is on the road to recovery."

Ferguson looks forward to being back home in Sebeka with his wife of 22 years, as well as getting back to work at his mechanic shop — Jim's Automobile Service near Nimrod.

"My overall experience has been very good. This is the first time I've been hospitalized and I think this is a really good place — the private room and the nursing staff have been really nice," said Ferguson.

Inside Medical Unit 2

Medical Unit 2 is an adult medical unit caring for patients with multiple medical diagnoses consisting of general medical, gastroenterology, infectious disease, cardiovascular and pulmonary/respiratory conditions. The 18 new rooms opened the first week in June and the existing rooms are currently being updated.

"The advantages of the new addition include state-of-the-art technology and private patient rooms, which are not only nice but assist our unit with the increased number of patients we are seeing," said Teri Houle, department director for the Inpatient Medical/Oncology Units at St. Cloud Hospital. "The arrangement of patient rooms is critical — allowing staff to remain near their patients with technology and equipment close at hand."

Rehabilitation Unit

Helping patients gain independence

The Inpatient Rehabilitation Unit on St. Cloud Hospital's sixth floor focuses on patients' rehabilitation process and their reintegration into the community.



Greg Schlosser, M.D., of Rehabilitation Medicine Physicians, has been the medical director of the Inpatient Rehabilitation Unit since 1995.

"Many of the patients come to our unit for rehabilitation to regain functional abilities, such as mobility, assistance with bathing, dressing, homemaking skills, cognitive and language retrainings," said Becky Kastanek, R.N., director of Inpatient/Outpatient Rehabilitation. "Our team meets weekly to review each patient's progress and goals for discharge."

The patients include people who have experienced strokes, trauma after a motor vehicle accidents, neck or back surgeries, orthopedic surgeries, amputations or head injuries. Two of the 19 private rooms are monitored, which allows closer supervision for patients who have memory and/or cognitive loss due to their medical condition. The average length of stay on the Inpatient Rehabilitation Unit is 12 to 14 days.

The team of specialized caregivers for the unit includes:

- dietitians
- licensed practical nurses
- licensed social workers
- occupational therapists
- personal care assistants
- physical therapists
- psychologists
- registered nurses
- rehabilitation medicine physicians
- speech language pathologists

"Our patients do not wear hospital gowns. We encourage them to wear their everyday clothes and come to our community dining room for meals, so there is a lot of coming and going on the unit between therapies, rest periods, and meals," said Kastanek. "Providing therapy on the unit and the community dining room promotes the interaction among patients and families to foster the rehabilitation process."

"The staff was great," said Michelle Bochow, who spent five weeks in the hospital. In August, Bochow, of Pierz, received severe head trauma from an ATV accident. "The rooms were very comfortable — everything was nice."



Thomas Balfanz, M.D., of Rehabilitation Medicine Physicians, visited with Clara May Gau of St. Cloud, who had broken two bones in a fall, about her progress.



Occupational Therapist Teresa Strand assisted Michelle Bochow while she made Tuna Helper in the occupational therapy kitchen in the Inpatient Rehabilitation Unit.

Believe

Together we can make a difference

28th Annual Holly Ball

Saturday, Dec. 7, 2002
6:30 p.m. to 12:30 a.m.
St. Cloud Holiday Inn and Suites

This gala event, which benefits St. Cloud Hospital Hospice Care program, includes a silent auction, gourmet dinner and dancing to live music.

For more information, visit www.centracare.com (click on Foundation) or call the CentraCare Health Foundation at (320) 240-2810 or 800-835-6652, ext. 52810.

*Note: There will be no Tree Festival this year.

UPCOMING EVENTS November 2002 - January 2003

In case of severe weather, course cancellations are announced on WWJO-FM/WJON, KCLD-FM/KNSI and KKSR-FM (STAR 96) radio stations.

Childbirth Preparation Monday Night Series

This six-session series is designed for parents in the sixth to eighth month of pregnancy. Classes meet from 6:30-8:30 p.m. in the Hughes Mathews PA room (Woodlands Entrance) at CentraCare Health Plaza. Please call 255-5642 for more information. \$65 per person/couple

- Nov. 11, 18 and 25; Dec. 2, 9 and 16
- Jan. 6, 13, 20 and 27; Feb. 3 and 10

Childbirth Preparation Weekend Series

This series is a condensed form of the six-session series. Classes meet from 6:30-9 p.m. Friday and 9 a.m. to 5 p.m. Saturday in the Hughes Mathews PA room (Woodlands Entrance) at CentraCare Health Plaza. Please call 255-5642 for more information. \$65 per person/couple

- Nov. 8 and 9
- Nov. 29 and 30
- Dec. 20 and 21
- Jan. 10 and 11
- Jan. 31 and Feb. 1

Refresher Classes for Labor and Delivery

Expectant parents who have given birth before are encouraged to attend this class in the sixth to eighth month of pregnancy. Classes meet from 9 a.m. to 4 p.m. Saturday in the Hughes Mathews PA room (Woodlands Entrance) at CentraCare Health Plaza. Please call 255-5642 for more information. \$35 per person/couple

- Nov. 2
- Jan. 25

Vaginal Birth After Caesarean (VBAC)

This class is intended to prepare expectant couples who are considering a vaginal birth after a previous Caesarean birth. Classes meet from 6:30-8:30 p.m. Monday in Family Birthing Center Classroom (third floor) at St. Cloud Hospital. Please call 255-5642 for more information. \$15 per person/couple

- Nov. 18

Breastfeeding Class

For expectant or new parents, this class is presented by a local lactation consultant. Classes meet in the Hughes Mathews PA room (Woodlands Entrance) at CentraCare Health Plaza. Please call 255-5642 for more information. \$15 per person/couple

6:30-8:30 p.m. Wednesday

- Nov. 20
- Dec. 18
- Jan. 15

1:30-3:30 p.m. Monday

- Nov. 25
- Jan. 20

Sibling Class

For siblings-to-be between 3 and 9 years old, this class will teach children about how to interact with a new baby and give parents insight into the siblings' reactions to the baby. Classes meet from 9-10:30 a.m. Saturday in the Fireside Room - Level A at St. Cloud Hospital. Please call 255-5642 for more information. \$20 per family

- Nov. 16
- Dec. 14
- Jan. 11
- Feb. 8

Siblings Present at Birth

For couples who want their other children present during the birth, this class helps prepare the children for the birth experience. \$30 per family

Call the Education and Professional Development department 255-5642 to arrange a time with the instructor.

Women's Health Community Health Night Series

All sessions from 7-8:30 p.m. in the CentraCare Health Plaza Education Center. To register, please call (320) 229-4918 at least one day before the event. Free.

Nov. 13: Seasonal Affective Disorder

For some people, the limited daylight of fall and winter mean the onset of winter depression, known as seasonal affective disorder (SAD). Characterized by changes in mood, sleep patterns, appetite and energy levels, SAD is primarily caused by seasonal decreases in natural daylight. This program will explain SAD and the different ways of treating it.

Jan. 14: Help Your Child Lose Weight the Healthy Way

During the past 30 years there has been a dramatic increase in the number of overweight children. Registered dietitian Colleen Breker will talk about strategies to help overweight children.

Children Who Have Special Needs

This workshop on Wednesday, Nov. 13, at Best Western Kelly Inn, St. Cloud, provides parents and professionals with effective strategies for working within the health care environment and maintaining a balanced perspective within their personal lives.

5-5:45 p.m. Registration, pizza and beverages, vendor/resource area

5:45-6 p.m. Welcome

6-6:45 p.m. A Trip to Holland: Developing Effective Working Relationships with Medical Specialists. Presented by Beverly Wical, M.D., pediatric neurologist

6:45-8 p.m. Don't Shoot Skinny Rabbits: Survival Strategies from the Parent of a Special Needs Child. Presented by Debra Stanton, teacher

Cost: \$10 parents; \$30 professionals. To register, please call (320) 255-5642.



Operating Room Open House

6 to 8:30 p.m. Nov. 14

Get a behind-the-scenes look at St. Cloud Hospital operating rooms. Nurses will discuss new technology and surgical procedures. Refreshments provided. Open house is held in conjunction with Perioperative Nurses Week. Call (320) 251-2700, ext. 54726, for details. Enter St. Cloud Hospital through A Lobby and take the elevator to A level.

Child Passenger Safety Clinics

Provides car seat checks in your vehicle and information on child passenger safety. Call (320) 251-2700, ext. 54492, for an appointment.

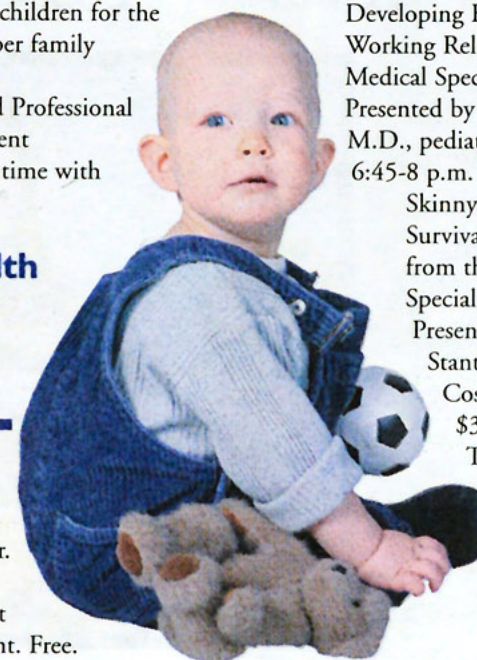
- Nov. 19
- Jan. 21

Improve Your Running

From 7-8:30 p.m. Nov. 21 at St. Cloud Hospital, award-winning local runner, Joe Perske, gives pointers to joggers, runners and elite racers on improving their running, or preparing for St. Cloud's premier running event, the Earth Day Half Marathon. Free. To register, call (320) 251-2700, ext. 54726. Sponsored by the Central Minnesota Heart Center.

Preparing for Menopause

A must-hear for mid-life women, this two-session class on Feb. 10 and 17 at CentraCare Health Plaza covers hormone replacement therapy, menopause signs and symptoms, comfort measures, long-term health, nutrition and exercise. Please call (320) 229-4918 to register. \$25 per person.



VOLUNTEER SPOTLIGHT highlights St. Cloud Hospital employees who volunteer in the community.

Volunteering to keep people informed

The phrase "having a full plate" aptly describes every aspect of Karen Langsjoen's life — from home life with her husband, Ross, to her career as the Health Science Librarian at St. Cloud Hospital, to the 75 hours she volunteers each month.

After Langsjoen got her master's degree in Library Science, a friend introduced Langsjoen to the League of Women Voters.

"It was right up my alley," said Langsjoen.

Langsjoen spends most of her volunteer hours as president of the League of Women's Voters of the St. Cloud Area. She has been a member for eight years. The league gives voters an opportunity to participate in open, non-partisan forums in which they can ask candidates questions.

"Our goal is to keep people informed and to provide education to voters," said Langsjoen. The League of Women Voters conducts monthly meetings for members and occasional public meetings.

As a member of the St. Cloud City Planning Commission for the past four years, Langsjoen helps with land use planning and updating the city's comprehensive plan. The Planning Commission evaluates the most effective ways to develop St. Cloud area land.

Langsjoen recently became the Steering Committee Chair for the Kids Voting St. Cloud Area, which is handled by schools' social studies, civics and history teachers. This organization was developed to help kids learn about the voting process and why it is important to be an informed voter. On Election Day, kids can go with their parents or an adult to the voting polls, where they receive their own ballot to get a true feel for the process.

Langsjoen also is a member of the St. Cloud Hospital Violence Prevention Task Force, which meets bimonthly. The

"People need to be informed and once I make a commitment, I follow through with it."



Karen Langsjoen, Health Science Librarian,
St. Cloud Hospital

group's mission is to facilitate a culture of mutual respect by providing education and training to CentraCare Health System staff on violence prevention and promote services and advocacy to victims. Langsjoen participates in numerous projects, including promotion of Domestic Violence Awareness Month in October.

Langsjoen volunteers because participating in the political process is one of the most important things a citizen can do, she said. "Our democracy needs people to be active and informed. Don't forget to vote Nov. 5!"

If you would like to get involved with the League of Women Voters of the St. Cloud Area, contact: Robin Robatcek at (320) 251-8923 or visit the Web site at www.lwvsc.org

MISSION STATEMENT:

We are a Catholic, regional hospital whose mission is to improve the health and quality of life for the people of Central Minnesota in a manner that reflects the healing mission of Jesus and supports the dignity of those providing services and those being served.



A PUBLICATION OF ST. CLOUD HOSPITAL

The Beacon Light gets its name from the warning beacon once located atop St. Cloud Hospital when St. Cloud's airport was at nearby Whitney Park.



The Beacon Light is produced by the Communications department at St. Cloud Hospital.

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If you want to be on our mailing list or need to change your address, please contact Gwen at (320) 240-2810 or foundation@centracare.com.

Expand your horizons — be a volunteer!

There are numerous volunteer opportunities at CentraCare Health Plaza and St. Cloud Hospital, from reading to children as they wait to see their physician to greeting people at the doors and escorting them throughout the facilities.

For information about how you can be a volunteer, please call

**St. Cloud Hospital
Volunteer Services**

at (320) 255-5638 or e-mail
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